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## ***Potatoes Au Gratin***

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### **Ingredients:**

4 to 6 white potatoes 1 onion, sliced, and in rings 1 cup milk,  
or half and half 2 tbsp. butter, melted 1 cup shredded cheese  
1/2 cup bread crumbs salt and pepper to taste

**Directions:** Slice potatoes thin. In a greased casserole dish, place a layer of potatoes, onion rings, and salt and pepper to taste. Fill the dish to within 1 inch of the top. Pour milk (or half and half) over potatoes, and spread cheese on top evenly. Mix together the bread crumbs and melted butter. Sprinkle this over the cheese and place dish in a hot 425 degree oven until potatoes are tender - about 20 or 30 minutes, depending on how deep your dish of potatoes are. Makes 6 servings.

### Nutritional Information Per Serving:

Calories 313 Carbohydrates 43.8 gm Protein 10.4 gm Fat 11.1 gm Sodium 437 mg  
Cholesterol 31.8 mg Calcium 223 mg

